

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used in Making "Fruit-a-tives"

"FRUIT-A-TIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-tives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-tives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-tives" is composed of the active principle of fruit and the greatest nerve tonic ever discovered. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

FOR Good Coal

P. WALSH

Purina Scratch Feed and Purina Chowder Makes Hens Lay.

D. Couper

241-S Princess Street. Phone 76. Coast Sealed Oysters.

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons, before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish tinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins, also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment, and, above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.

Remove is a good deal like a wooden leg—it helps a man on his way, but he can see where he'd be happier without it.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

WE DISCUSS PEOPLE OF WHOM WE KNOW NOTHING.

(Copyright, 1916, by the McClure Newspaper Syndicate.)

Our conversation at dinner was decidedly three-cornered. Evelyn probably was the liveliest one of the four and it seemed that her chatter would never cease. Harry also was unusually talkative, but there was the same recklessness in his speech at the table that there had been in the motor car on the way to the restaurant. My personal inclination was to keep as quiet as possible. I did not feel like talking. I was not sleepy or tired or bored, nor did I have what Harry would describe as a grouch, but nevertheless I would have preferred to sit back and listen without exerting myself either to join in the conversation or to so much as smile at the witticisms which were tossed back and forth across the table. But I did not allow my mood to influence me to silence. I deliberately set about making myself as amiable as possible. I knew that I could not be as vivacious as Evelyn, for she seemed to be keyed up to the very highest pitch of nervous tension, but I could at least avoid having myself compared to a mourner at a funeral, and I proceeded to do it.

Arthur was the only one in the quartet who failed to hold up an end of the conversation. At first he was merely good naturedly silent, but as the dinner progressed quiet settled down upon him like a pall. Harry and Evelyn talked at it once or twice and Evelyn talked at him with all the wonderful energy of which she was capable, but she was unable to cheer him up.

"The Allies are not killing enough people in Europe," Harry ventured, when it became evident that Arthur had retired within himself for the evening. "Arthur is being satisfied unless preparations are being made for murder on a colossal scale."

Evelyn laughed a short nervous laugh and turned to my husband. "Is that so?" she asked. "Are you so heartless? Don't you ever smile unless arrangements are being made to slay and slay?"

"Of course he does not," put in Harry. "That is his business. The A. B. C. Munitions Company would be bankrupt tomorrow if the war stopped today, and Arthur knows it. He is afraid the war will end."

"Brilliant!" exclaimed Arthur, glancing up ever so briefly and then reapplying himself to his dinner. "Fortunately for Arthur," Harry

went on unabashed, "the war's end is not in sight, so Arthur will have another chance to smile, even if he insists on frowning tonight."

"He is not frowning," objected Evelyn. "He is merely dignified. I have seen many other men like him."

"Arthur shrugged his shoulders impatiently and glared up as though an outburst was imminent, but he controlled himself and remained silent."

"There are very few like him," mused Harry. "Don't you agree with me, Roxane?"

"Look at the dancers and listen to the music," I commanded, knowing that the conversation was becoming too dangerous. "The girl in green is a real beauty, isn't she?"

"They are all beauties," mumbled Harry. "You see them standing there, in all their glory and you think they are fit to be immortalized in marble, but where is the sculptor who would attempt it? Even sculptors have more than one sense."

Evelyn raised her eyebrows inquiringly. "I mean that when they open their mouths the charm is broken," Harry declared. "You can tell precisely what block they live in and what they eat for supper. Yet to look at them you could easily be persuaded that they were goddesses who had descended from somewhere above to show us how perfect human beauty can be."

"Are they so bad as you suggest?" I inquired with the skepticism of ignorance. "It is hard to think that they are not gentle and lovely as they look."

"Far be it from me to make false accusations against any one," exclaimed Harry. "I have accused them because I know the kind. If you are curious I will prove everything that I have said."

"How?" asked Evelyn. "I know a little restaurant where many cabaret singers and dancers go after they have finished their work. If you and Roxane care to go there tonight we can see them in all their glory. What say you?"

"Let us go by all means," urged Evelyn. "Roxane, do you wish to go?"

"Yes," I agreed. "Then we will go," declared Harry, firmly. "Arthur, you are outvoted."

"I did not vote," declared Arthur. "I know it," replied Harry. "I can tell from the expression on your face that you do not wish to go. But, as I said, you are outvoted, and we are going."

(To Be Continued.)

The Whig's Daily Menu

Menu for Thursday

BREAKFAST
Grapefruit
Home-made Cereal
Waffles with Honey
Eggs
Coffee or Cocoa

DINNER
Clear Soup
Roast Duck with Potato Filling
Escalloped Potatoes
Corn
Grapefruit Salad
Spiced Cream
Coffee

SUPPER
Peanut Butter Sandwiches
Jelly Sandwiches
Fruit and Cheese Cake
Tea or Milk

Whole Wheat Muffins

Materials—Two cups whole wheat flour, 2 teaspoons baking powder, 1 egg, 1 cup milk, 1 teaspoon sugar, 1 tablespoon melted butter, 1 teaspoon melted shortening or oil.

Utensils—Mixing bowl, flour sifter, teaspoon, tablespoon, two measuring cups, eggbeater, bowl to beat eggs in, pastry brush, muffin tin.

Directions—Sift the whole wheat

four, baking powder, salt and sugar into bowl; add the milk slowly; then add the well-beaten egg and butter; mix well. Brush muffin tins with lard; put one spoonful of mixture into each; bake in hot oven twenty minutes.

Lemon Pudding

Materials—Two eggs, 1 large lemon, 2 teaspoons cornstarch, 1-3 cup sugar, pinch of salt, 1 cup soda crackers broken into small pieces, 1 teaspoon butter, 2 cups water.

Utensils—Saucepan, teaspoon, two measuring cups, grater, eggbeater, bowl to beat eggs in.

Directions—Put the water on to boil; mix the cornstarch with a little cold water, add the grated rind and juice of lemon, sugar, salt and the well-beaten yolk of eggs; mix all well together and add to the boiling water; boil three minutes and add the butter; mix well. Put the broken crackers into a glass bowl (or ice cream glasses), and pour over the lemon mixture; set bowl in warm water. Beat the whites of eggs until dry, and add one tablespoon sugar; spread over top of pudding, rough with fork and dust with pulverized sugar; place in a cool oven to dry, or get light brown.



(Continued from Page 3.) An enjoyable surprise party was held on Saturday night at the home of Mrs. W. L. Goodwin, Alice street, when the guests included Miss Alice Goodwin, Miss Mary Stewart, Miss Nan Saunders, Miss Marjorie Gama, Miss Jean Young, Miss Bertha White, Miss Lorraine Shortt, Miss Carter, Miss Nora Martin, Miss Marjorie Uglow and Messrs. Halva, Marshall, Martin, Kearns, Doty, Sutherland, Ward, Patterson, Anderson, Ross, Rowe and others.

The members of the Skating Club held a most enthusiastic meeting in Queen's gymnasium on Monday evening. It was unanimously decided that the Club would be continued, and the meetings will be on Saturday evenings during the winter.

Mrs. H. T. J. Coleman, Mrs. Hugh Nickle, Miss Etta Henderson, and Miss Phyllis Knight were the hostesses at the Curling tea to-day.

Mrs. G. W. Myles and Mrs. Arthur Ellis will be joint hostesses at a patriotic bridge at the latter's home on Friday afternoon.

Miss Edith Carruthers entertained informally at the tea hour on Monday.

The L. C. Reading Club will meet on Monday when Miss Eleanor

Creighton, will be the hostess.

Miss Crossley, who has been with Mrs. Elmer Davis, Sydney street, returned to Toronto on Saturday.

Mrs. Walter Sage, Clergy street, left on Saturday for Calgary to visit her parents, Mr. and Mrs. Mackinnon.

Mr. and Mrs. Douglas Laing, Johnson street, left on Monday for Catharines, where they will be the guests of Mrs. Milligan.

Miss Blanche Kent, who has been the guest of her mother, Mrs. Noel Kent, King street, returned to Montreal to-day.

Mrs. Charles Masters and Miss Nan Patterson, who have been spending a few days in Toronto, arrived home to-day.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

New Design for a Dressing Robe.



A pleasing holiday gift would this robe make. It is trimmed with a shawl collar and has two-piece kimono sleeves with turn-back cuffs, inserted pockets and a belt of heavy silk.

If you are anticipating making something useful for the male persuasion, try a dressing robe. This neat and attractive design is trimmed with a shawl collar and has two-piece kimono sleeves finished with turn-back cuffs. It also has inserted pockets and a straight wide sash of heavy corded silk. In medium size the robe requires 6 1/4 yards 44-inch material.

It is not at all difficult to make and will certainly prove an acceptable

Pictorial Review Dressing Gown No. 7001. Sizes, 36, 40, 42 and 44 inches bust measure. Price, 20 cents.

gift. Start the work by taking up a dart at the upper edge of the front as perforated. Close under-arm, shoulder and sleeve seams and insert a gusset under the arm, corresponding notches and small "o" perforations even. Close center-back seam, then slash the front along slashlines of small "o" perforations (slashing the left front only, at the upper cross-line); finish for pocket openings.

Next, close center-back seam of the collar and sew to neck edge, notches and center-backs even.

Now, close center-back seam of the facing, indicated by small "o" perforation. Adjust to position on collar and underneath front, center-backs and corresponding edges even.

Roll collar and front as desired. Lap the rounded end of the cuff over the straight end matching small "o" perforations and stitch. Sew cuff to lower edge of sleeve, corresponding notches even.

Slash 2 pocket sections of each size, along small "o" perforations. Arrange 2 pocket sections of the same size together (using one slashed section for each pocket) and stitch around the entire edge. Adjust pockets to position underneath front (double "o" perforations indicate upper front edges) and sew the slashed edges of pockets to opening in front.

Back a straight strip of material to position at under-arm seam, between the small "o" perforations in back to pass the sash through.

Buttons of self-material added to the cuffs are an attraction to the robe.

It is not at all difficult to make and will certainly prove an acceptable

Pictorial Review Dressing Gown No. 7001. Sizes, 36, 40, 42 and 44 inches bust measure. Price, 20 cents.

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Was Troubled With Shortness of Breath.

When the heart becomes affected, there ensues a feeling of a choking sensation, a shortness of breath, palpitation, throbbing, irregular beating, smothering sensation, dizziness, a weak, sinking, all-gone feeling of oppression and anxiety.

The nerves become unstrung, you dread to be alone, have a horror of society, start at the least noise and are generally fatigued.

On the first sign of the heart becoming weakened or the nerves unstrung, Milburn's Heart and Nerve Pills should be taken. They are just what you require at this time. They regulate and stimulate the heart, and strengthen and restore the whole nerve system.

Mrs. C. M. Cormier, Buctouche, N.B., writes: "Since two years ago I was troubled with a shortness of breath, and sometimes I could hardly breathe. I went to see several doctors and they said it was from my heart and nerves, but they did not seem to do me any good. One day I got one of your B.B.B. Almanacs and read of a case similar to mine.

I got a box of Milburn's Heart and Nerve Pills, and after a few days I noticed such a change that I kept on taking them until I had used four more boxes, when I was cured.

Milburn's Heart and Nerve Pills are sold in a box three boxes for \$1.50, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Montreal, Que.

121 RETURNED PLACED

Hon. J. D. Reid Leads in Employing Old Soldiers.

Ottawa, Jan. 10.—A large number of returned soldiers are finding positions in the civil service. Under an order-in-council passed some months ago the men from the front are given a preference in the filling of Government positions, and a great many men who have seen service and have been incapacitated for further military work have applied for jobs.

Hon. J. D. Reid, Minister of Customs, has placed the greatest number of returned soldiers so far, having appointed 121. The number is large, taking into consideration the fact that appointments can be made only as a rule when vacancies occur.

HUNGARY'S FOOD SUPPLY

Food Controller Paves Way For Starvation Rations.

London, Jan. 10.—Baron Kurty, the Hungarian food controller made a very pessimistic statement to a number of journalists as follows: "Last year's potato crop was bad and will soon be exhausted. Sugar, also, is very short. There is only 10 per cent. maize in war bread. This percentage will be increased during February. Drastic economy and cheerful submission-alone will avert famine."

Baron Kurty apparently is preparing Hungarians for the approaching starvation rations.

Lecloux's Only Son Enlists.

Ottawa, Jan. 10.—Another of the Liberal leaders has given his son to the war, Rodolphe, the only son of Hon. Rodolphe Lecloux, ex-Postmaster-General, enlisted yesterday, and will go to the front with an artillery unit from Quebec. He has just completed a course at Bishop's College, Quebec. He enlisted with his father's consent as soon as he came of military age.

The Duke's Titles.

It is to be noted that Canada's new Governor-General is not "His Grace," but "His Excellency." His first proclamation, as published in an extra of the Canada Gazette, deals with his own appointment, the official title being set forth in the preamble as follows:

DEVONSHIRE PROCLAMATION. CANADA.

By His Excellency the Right Honorable Victor Christian William, Duke of Devonshire, Marquess of Hartington, Earl of Devonshire, Earl of Burlington, Baron Cavendish of Hardwick, Baron Caversham of Keighley, Knight of the Most Noble Order of the Garter; One of His Majesty's Privy Council; Knight Grand Cross of the Most Distinguished Order of St. Michael and St. George; Knight Grand Cross of the Royal Victorian Order, Governor-General and Commander-in-Chief of the Dominion of Canada.

His Excellency is Right Honorable by virtue of being a Privy Councilor. It is to be noted that he is officially "Commander-in-Chief" of Canada. The family name of the new Governor-General is Cavendish, with accent on the first syllable. It was formerly pronounced "Candiah."

Training Rat Catchers.

Training dogs as rat catchers is the latest business the Winnipeg Health Department is requested to enter. Many citizens who believe their dogs can make their mark in the world, asked the health authorities lately to teach the dogs the proper way to nab rats. They would turn their fidoes into slayers to help eliminate Winnipeg rodents.

Rats that infest the Saskatchewan avenue nuisance ground, which use the sewers as speedways and which enter sleeping apartments at night are becoming more numerous. That dogs, if properly taught in the killing efforts, can bring results, is exemplified by the fact that the dog belonging to the official rat catcher at the nuisance ground extinguished the lives of 59 in one day.

Rapid Growth in Polar Regions.

The rapid growth of vegetation in Polar regions, despite the brief summer, is attributed to the strength of the electric currents in the atmosphere.

IF YOU DO NOT LIKE EGG-O BETTER THAN THE BAKING POWDER YOU HAVE BEEN USING RETURN IT AND GET YOUR MONEY BACK BEST BY TEST

Sunkist Raisins

First Car New Raisins Just Arrived. At all Grocers. Insist on SUNKIST

Women's \$4.50 Shoes

We Are Showing a Variety of Styles in Women's Stylish Footwear at \$4.50

These shoes are made in PATENT KID and CALF LEATHERS, with Cravenette Cloth Tops, in either button or lace, and are a decided bargain at this price.

J.H. Sutherland & Bro.

The Home of Good Shoes.

If hair's your pride, use HERPICIDE

FOR SALE

Good, solid brick dwelling; good barns, underground stable and garage, in village of Cataract. Snap at \$2,500.

W. H. Godwin & Son
26 Brock Street Phone 424

Farms for Sale

We make a specialty of selling farm properties and have at present a large number of farms for sale. We are thoroughly posted on farm values in Kingston district. If you wish to buy or sell it would be to your advantage to consult us.

T. J. LOCKHART

Real Estate and Insurance. Bank of Montreal Bldg. Phone 1685 or 1690 Kingston.

Cuticura

For The Skin

The Soap to cleanse and purify, the Ointment to soothe and heal

Redpath SUGAR

When you pay the price of first quality sugar, why not be sure that you get it? There is one brand in Canada which has no second quality—that's the old reliable Redpath.

"Let Redpath Sweeten it."

Made in one grade only—the highest!